

Leona Valley to Fight "Outrageous" Water Rate Increase

Donations Badly Needed for Legal Fund

By Dahlia Grossman,
editor/publisher

About 120 Leona Valley residents and 10 from the Lakes want to fight the 138% rate increase proposed by California Water Service.

A standing room only crowd packed the Leona Valley Community Building, as residents formed a committee to assist the town council in protesting what most consider an outrageous increase.

Although Cal Water is proposing its increase in order to pay for capital improvements, residents think some of the improvements are either not necessary or could be postponed.

poned.

The town council is soliciting funds to pay for an attorney to represent the interests of those people affected by this increase. According to councilman Larry Tyler, 88% of Leona Valley and all or most of Lake Hughes residents are served by Cal Water.

Leona Valley Town Council voted at its January 11 meeting to match up to \$10,000 in contributions from the community for legal fees. Several people stepped forward with donations at the town council meeting and the water meeting.

See Water Rates, page 2



Diane Parkins (right), HELUS' new principal / superintendent, took her position on January 11. Shown with her is school board trustee Lola Mantooth. Grossman photo.

HELUS Principal Hired

Press release
Ruby Thompson
Director of business/
operations, HELUS

We are pleased to report that we have selected Mrs. Diane Parkins as our next superintendent/principal. She has served in public education for 35 years.

Before coming to HELUS, Mrs. Parkins was a curriculum consultant working through the Los Angeles County Office of Education on loan from the Lancaster School District. Her most recent assignment was with the Keppel and Westside school districts in the Antelope Valley. She held this position for two years.

Prior to that she was a Director in the Lancaster School District and for 14 years served as an elementary school principal in Lancaster and Wilsona.

She and her husband of

32 years, Steve, reside in Quartz Hill. They have an adult daughter who lives in Arizona.

"We feel that we have selected a highly qualified person to continue our journey to excellence," said Lola Skelton, president of HELUS board of trustees. "Diane has the personality, skills and dedication that will make her an exceptional fit with our district."

"I am really excited about joining the district and working with the board, staff and community," said Mrs. Parkins. "Hughes-Elizabeth Lakes Union School District is very successful in helping students excel. It is also a small school and community where people work together as a family. I am honored to be selected by the board and look forward to meeting everyone."

Green Valley Man Sentenced

Green Valley resident Tom Hastings has been sentenced to 20 years six months in prison for attempted murder, after he intentionally hit a man with his car following a quarrel at the Rock Inn. The man was seriously injured and was in the hospital for quite some time, according to Resident Deputy Loren Worthington.

Worthington said Hastings was originally offered a plea bargain of three years, six months in prison, but turned it down.

Just before the trial, Hastings agreed to a plea bargain of 20 years, six months.

The maximum sentence he could have received was 25 years to life.

Worthington said Hastings will have to serve 80% of his time.

Call Firefighters Needed

Please consider volunteering. You must be over 18 years and in good physical shape. For more information please call Lake Hughes Fire Station at 724-1311 or John Grimm at the Leona Valley station at 270-1628.

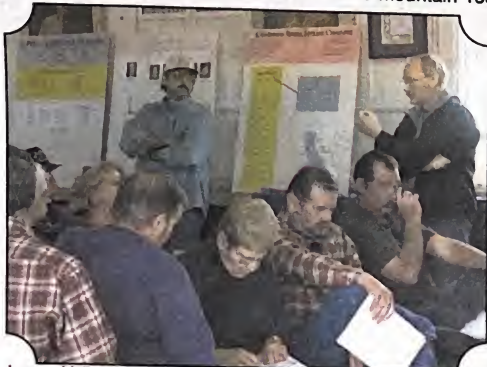
CONTACT THE YODELER

Ads, payments and articles for the March 1 issue must be received by Feb. 15. Send submissions to dahlia.grossman@verizon.net and payments to Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 661-724-1293 or 965-2201.



Lakes queens Little Miss Lakes Anisa Dunn, Miss Lakes Carolyn Kendall, and Junior Miss Lakes Brooklyn Alcott rode in the Lancaster Christmas Parade on December 5.



Leona Valley Town Councilmen Chuck Fluharty (left) and Bill Elliott explain how residents can fight the water rate increase.

Water Rate Increase

from page 1

You can donate by putting your check in the town council's box at Rancher's Market or mailing it to LV Town Council, Box 795, Leona Valley, CA 93551. Lake Hughes residents are also asked to donate. Your donation is tax deductible.

Cal Water is allowed to increase its rates every three years. The Public Utilities Commission reviews its request for an increase, determines if it is fair, and usually grants it, in large part.

"Between 1994 and 2001, we had almost no increase," said resident Karl Pearcy. "But since Cal Water bought the company from Dominguez Water, it's been a constant fight. This will not be the end," he said.

A committee was formed and held its first meeting on January 17. The committee is preparing to present arguments at the California Public Utilities Commission public meeting on February 4, 2009, at 7 pm at the Lancaster High School Cafeteria.

This meeting will be before the Administrative Law Judge who will later rule on the application by Cal Water Service Company. All residents of Leona Valley and Lake Hughes are urged to attend the meeting and participate.

The town council told residents that it is crucial for

them to show up and be counted at the February 4 meeting. Those who want to express their opinion, will be able to speak.

After this meeting, the Public Utilities Commission will hold a hearing in San Francisco, at which time our interests will be represented by an attorney - if we collect enough money for the attorney fees.

Think about it. If your water bill is \$100/month, in 2011 you will pay \$174/month. In 2012, your bill will be \$208/month and in 2013 you will pay \$239/month.

By making a \$100 contribution to the legal fund, you might save your family much more.

For more information, contact Chuck Fluharty at 270-1290. Also, see <http://leonavalleytowncouncil.org/WaterProject.aspx>

CERT Graduate Tells of Another Rescue

CERT graduate Michelle Hamilton of Elizabeth Lake told *The Yodeler* that delivering a baby for a desperate motorist last month was not the first time she put her emergency training into practice.

"My daughter Brittany and I were on our way to the Valley one day last August when we saw a van flip over on San Fran," said Michelle. "The car had been three cars in front of us," she said.

Michelle said the Honda Odyssey had wandered onto the dirt, and when the woman hit her brakes the vehicle spun around and then flipped over.

"The woman was trapped upside down in the car with her seat belt on and I smelled gas," said Michelle. Wearing "flip flops" on her feet, Michelle ran down the embankment. "We kept hollering 'Are you okay?' but didn't hear any reply," said Michelle.

According to Michelle, a DWP employee joined her in the rescue. "He hit the windshield and broke it so the woman could get out. She only had a scratch on her arm," she said.

Michelle, Brittany, and the DWP employee helped the woman into Michelle's car and stayed with her until an ambulance arrived.

Michelle has been trained in CERT (Community Emergency Response Team), First Aid and CPR.

VALENTINE'S DINNER AND DANCE



Saturday, February 13

Dinner: 6 pm

Live dance music: 7:30 pm

Tickets: \$25 - Reservations required.

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Chuck Holloway of LADWP, addresses an angry, standing-room-only crowd about the Barren Ridge Transmission Project. Grossman photo.

Green Valley Tells DWP: "No More Transmission Lines Here!"

By Dahlia Grossman
Editor/publisher

A crowd of angry residents demanded answers from representatives of the Barren Ridge Renewable Transmission Project ("the project") at Green Valley Community Hall on January 13. Besides Green Valley, concerned citizens from the Lakes, Leona Valley and Three Points attended.

The project will bring power from the Barren Ridge Switching Station, 12 miles north of Mojave, to the Castaic Power Plant, then to a proposed new Haskell Switching Station north of Santa Clarita and south to Los Angeles.

The question uppermost in everyone's mind is "How will they get from Barren Ridge to Los Angeles?"

Three possible routes for the 230kV transmission towers are being investigated by the project team, and one of those routes could take homes by eminent domain on San Francisquito Canyon Road in Green Valley.

Aram Benyamin, senior assistant general manager, LADWP, explained that the new lines are needed to meet state mandates, which call for 33% renewable energy by 2020. He told the group that the most reliable, consistent source of energy comes from

the windmills in the Tehachapi area.

The project, which is jointly overseen by L.A. Dept. of Water and Power, U.S.D.A. Forest Service, and the Bureau of Land Management (BLM), is now in its environmental review stage.

According to Chuck Holloway of LADWP, the Environmental Impact Report (EIR) will be completed in late spring or early summer. At that time, the preferred route will be announced at community meetings.

"This EIR is just BS," said one resident. "These people are going to lose their homes and you know it."

"Please try to keep the towers off of private property," said another resident.

"There's plenty of government land here." This statement reverberated throughout the crowd and was met with thunderous applause.

But the bottom line is that residents think Los Angeles should get energy from a closer source, such as the windy Santa Susanna Mountains or by putting rooftop solar panels on their buildings.

"The real prob-

lem starts with Barren Ridge," said one resident. "This is not for us. Edison has devastated Leona Valley. It's disgusting. If L.A. needs energy, look at (getting it from) Malibu," she said.

Project officials say the wind in the Santa Susannas is not consistent enough to provide the power they need for Los Angeles.

Possible financial impacts to homeowners is another concern, as is destruction of the view.

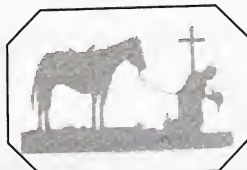
Long-time resident Millie McCracken said she moved out of the San Fernando Valley because of the power lines. "I lost money on my house there because of it and I'm gonna lose money

See Green Valley, page 4

Code 7 Ministries

A food ministry serving the Lakes and Valleys.

If you are in need of food or have food to donate (canned goods or dry goods), call Glenn at 270-9016.



2009 Lakes Queens Continue Gift of Giving

By Cindy Alcott, contributing writer

Winter is always a busy month for scurrying about and getting ready for the holiday season. It is also a time of giving and this is the commitment Carolyn Kendall (Miss Lakes 2009), Brooklyn Alcott (Junior Miss Lakes 2009), and Anisa Dunn (Little Miss Lakes 2009) have continued through the winter months.

The girls worked hard volunteering at local community events where their help was needed and made several community appearances, including at the Green Valley Community Hall's Breakfast with Santa; Lakes Community Center visit with Santa; Lakes Holiday Craft Fair; Holiday Dinner at the Oaks; Mountain Yodeler Yard Sale; and hosting the Holiday Toy Drive for local children.

The girls also volunteered their time at Saddle-Up's annual holiday celebration, where they joyfully donated time helping make the season memorable for physically and mentally challenged individuals and their families.

In addition, they continued giving outside of their communities by assisting other local valley queens, including participating in toy drives hosted by 2009 Junior Miss Antelope Valley, Shannon Gonzales, and another hosted by 2009 Miss Antelope Valley, Lindsey Faith.

The girls also participated in several local holiday parades, the Clark's Court Lights Toy Drive, and Christmas caroling at Mayflower Gardens.

The girls would like to thank the people and businesses in our communities for their generous support this past year. From the queens, "We hope your year has been blessed with family and friends and love and kindness and that this New Year brings you happiness! From the bottom of our hearts, THANK YOU and Happy New Year to each and every one of you!"

See photo, page 1.

INCOME TAX PREPARATION

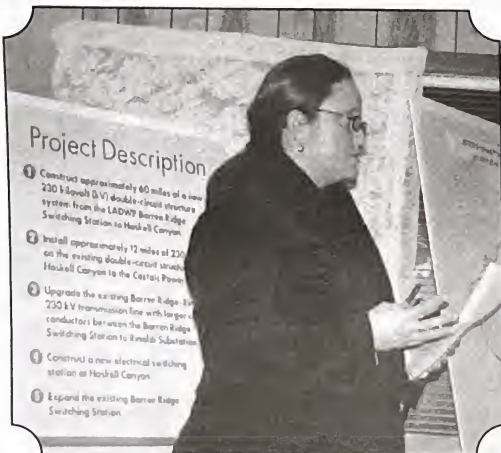
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Green Valley Fights Transmission Lines

from page 3



Nadia Parker of LADWP talks to residents of the Lakes and Valleys about the Barren Ridge Transmission Project. Grossman photo.

4-H Plans Spaghetti Dinner January 30

Leona Valley Racketeers 4-H Group is pleased to announce they will be sponsored by Lenny and Lea Graffeo, owners of Fresco II, for their 4-H Annual Spaghetti Dinner.

The dinner will be held Saturday, January 30 from 5 to 9 p.m. at the Leona Valley Community Center on Elizabeth Lake Road.

Tickets at the door will be \$6 for adults and \$5 for seniors and children age 10 and under.

Presale tickets in advance will be available from 4-H members soon and will be discounted to \$5 for adults and remain the same for seniors and children.

Dinner includes Penne pasta with red sauce, meatballs, baby greens salad, bread and lemonade, water or coffee.

Soda in cans and bottled water will be available for purchase. There will also be a 4-H bake sale held during the dinner.

Ticket sales will commence soon. Any Racketeers member will have tickets for presale. We will also sell tickets at Rancher's Market several

times prior to the event so you can take advantage of presale prices.

As many of you know, Fresco II has an outstanding reputation for absolutely amazing and delicious food.

The Racketeers seek the support of the community to come and enjoy this delicious meal and the company of your family and friends.

We would like to thank our community, Lenny and Lea Graffeo, and Fresco II in advance from the entire Racketeers group.

Funds raised from the annual Spaghetti Dinner greatly benefit the Racketeers 4-H Group, which has youth members from the Lakes, Leona Valley and other outlying Antelope Valley areas.

Racketeers have continuously received awards for their fine projects, such as photography, horses, dogs and their record keeping.

Throughout the past years, their livestock projects have taken home many championship and grand championship awards from the AV Fair.

on this house too," she said. "Who wants to come to the mountains and see nothing but transmission lines?" added Sue Zahnter of Three Points.

Another issue raised was undergrounding of the lines, something favored by Supervisor Antonovich.

Halloway told the crowd that it is being looked into wherever feasible. "It has to be flat," he said.

Many residents accused the project team of simply looking for the cheapest route - which they believe to be down San Fran.

"BLM and the Forest Service don't care what it costs," said Halloway. "The cost difference (among the three proposed routes) is insignificant. Cost really isn't going to be a determining

factor in this. The factors are biological and cultural," he said.

The route favored by Lakes and Valleys residents as being the least offensive is Alternative D. This route would go north of the Aqueduct and south on Route 5 to the Haskell Power Plant, then continue south to L.A.

The other proposed route goes through Agua Dulce.

One factor in this project that seriously concerns residents is the fact that - unlike Edison, which is a privately owned company - L.A.D.W.P. is not under the jurisdiction of the California Public Utilities Commission.

The final decision maker for this project is the Los Angeles City Council, a situation which some residents

feel leaves them powerless. "Why would the L.A. City Council give a (censored) about what happens to us?" asked a resident.

It was agreed that a letter writing campaign would be started to express residents' opinions about the project. If you would like to be involved, contact the Green Valley Town Council at greenvalleytowncouncil@gmail.com

A letter writing campaign will be held on Saturday, February 6 from 11 am to 2 pm at Heart & Soul Coffeehouse. (See article, page 5.)



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Stop Transmission Project from going through Green Valley! Letter "Write-In" to be Staged at Heart 'n Soul on Feb. 6

Submitted by Carla Jetton
Green Valley

LADWP is targeting Green Valley as a possible route to run its giant transmission lines adjacent to the small lines on the western side of San Francisquito Canyon Road.

If they choose this path – it will expand their territory by hundreds of feet on each side, taking Green Valley ranches and homes in the path.

Concerns that new lines will create:

1. Personal property rights: Ranches and homes may be seized through eminent domain.
2. Diminished property values for everyone
3. Additional fire hazards
4. Health hazards

5. Environmental degradation

6. Visual blight

A "Write-In" letter gatherings will be held on Saturday, February 6 from 11 am to 2 pm at Heart 'n Soul Coffeehouse.

Kat and Warren will stay open so we can write letters, share information and show solidarity to stop the LADWP from taking our land. We can also buy some lunch and coffee while working. (Thanks, Kat.)

Please bring paper, pen and an envelope for your letters.

More "Write-In" gatherings will be scheduled in March. We will announce them in the March *Yodeler*.

A STOP BARREN RIDGE PROJECT letter box is located

inside Heart 'n Soul so that you can put your letter in at any time. Please write as many letters as you can; the more we have the better.

Dale Kimmel, Green Valley Town Council President, has offered to collect the letters and deliver them to the Barren Ridge decision makers.

For more details about the project, go to www.ladwp.com/barrenridge

Engineers and project leaders on the Barren Ridge Project came to the Green Valley Town Council meeting in January to explain and rationalize their reasoning for invading Green Valley and ripping apart our community for the benefit of the City of Los Angeles.

They call the route through Green Valley the "Proposed Action." We are also listed as Alternative 2 and Segment G.

We have to act quickly if we want to change their minds and stop this project from turning our "Green

Valley" into a "Barren Ridge."

The first thing we must do is start a letter writing campaign.

According to Norm Hickling, deputy to Supervisor Antonovich, these letters should be handwritten. Norm Hickling also asked that we copy his office with our letters so they can keep track of our efforts.

Please help these people see how wonderful Green Valley is for all of Los Angeles. Let them know that this little gem of a community hosts a portion of the Pacific Crest Hiking trail.

We are a pristine nature reserve dotted with giant California Oak trees. We are a vibrant artist community. We have clean air, clean water and no light pollution. Green Valley is a unique treasure not ruined by giant buildings, overpopulation and crime.

Put pictures in your letters. Put in personal stories telling them why we are so special. Tell your friends in the City of L.A. to also write letters on our behalf. Make a plea on your Facebook and Twitter.

Make our campaign to save our community so memorable that the LADWP will be forced to find other solutions to transmitting wind power through Green Valley to the City of Los Angeles.

Please write letters to these people to save Green Valley!!

Decision Makers

Antonio Villaraigosa
Mayor of Los Angeles
200 N. Main St., Rm 303
Los Angeles, CA 90012

Angeles National Forest –
NEPA Co-Lead Agency
Supervisor's Office
701 N. Santa Anita Ave.
Arcadia, CA 91006

Jody Noiron
Forest Supervisor
Phone: (626) 574-1613
FAX (626) 574-5233

Bureau of Land Management
– NEPA Co-Lead Agency
Ridgecrest Field Office
Hector Villalobos, Field

Manager

300 S. Richmond Rd.
Ridgecrest, CA 93555
Phone: (760) 384-5400
Fax: (760) 384-5499

City of Los Angeles Board of
Water and Power
Commissioners – CEQA
Lead Agency

1. Lee Kanon Alpert, president
2. Edith Ramirez, vice president
3. Forescee Hogan-Rowles, commissioner
4. Jonathan Parfrey, commissioner

Los Angeles Department of
Water and Power
Room 1555-H, 15th Floor
111 North Hope Street
Los Angeles, CA 90012
Phone: (213) 367-4211
Fax: (213) 367-1423

Other involved people to
send a copy of your letter:
Norm Hickling, deputy to
Supervisor Antonovich
Antelope Valley Field Office
1113 Ave M-4, Suite A
Palmdale, Ca 93551
661-726-3600

Governor Arnold
Schwarzenegger
State Capitol Building
Sacramento, CA 95814
Phone: 916-445-2841

Carol Browner, director
White House Office of
Energy and Climate Change
Policy
The White House
1600 Pennsylvania Ave. NW
Washington, DC 20500

Report Nuisances

To report a nuisance, such as numerous unregistered vehicles on a property, people living in campers or rundown trailers, animal abuse or piles of junk on a property, call 211 from your landline. To speak to Deputy Ferrell or leave him a message, call 272-2418.



For Ticketing and
Other Information:

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- 750 Lancaster Blvd
- www.lpac.org

UPCOMING EVENTS

Antelope Valley Jazz Ensemble
Tribute to the Crooners
Sunday, Feb 14th 7 PM



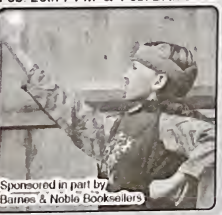
David Sanborn
Sunday, Feb. 21st 7 PM



Sheena Easton
Friday, Feb. 19th 8 PM



King Arthur's Quest
Feb 26th 7 PM & Feb. 27th 3 PM



Audition
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Saturday
February 20th
10 00 AM

Always arrive at least 15 minutes prior to
audition time, late comers are turned
away. Only one parent may accompany
each child, no other guests permitted.

Mariachi Los Camperos
de Nati Cano

Friday, Mar. 5th 8 PM



Sheriff's and Fire Departments Need CERT-Trained People

By Robyn Kennard
The Los Angeles County Sheriff's Dept. and the L.A. County Fire Dept. are jointly running the re-organized CERT program. In the event of an emergency or disaster LASD will mobilize CERT-trained individuals to assist in their communities.

Captains and squad leaders have been assigned to the five Lakes and Valleys areas: Green Valley, Leona Valley, Lake Hughes, Elizabeth Lake and Three Points.

Lancaster, Palmdale, Lake Los Angeles, Pearblossom, Littlerock, Acton/Agua Dulce likewise have captains and squad leaders.

We had our inaugural meeting on January 7 and are now looking for all Level 1 or higher CERT-trained individuals to participate in our local program. We ask that you be willing to help your communities by being prepared to utilize your CERT skills and to participate in 24 hours of additional training in the next 12 months.

We have hands-on training, drills and more training in the areas that were briefly touched on in your Level 1 training.

This is a wonderful opportunity to meet members of your community and work together to form a plan for your specific area. By identifying meeting places, triage areas, livestock evacuation, communication and evacuation sites, available supplies and personnel, you will be assisting your community and first responders to get help quickly to the people who need it.

The LASD and LACFD realize that there may already be specific plans in place to handle some situations

and need to coordinate with you to facilitate a smoothly running operation. If you are involved in camp evacuations, school evacuations, or livestock evacuations, we would like to talk to you so we can coordinate with you. Let's be PRO-ACTIVE, not reactive!

We look forward to having you join us. Please contact one of the following squad leaders in your area for information on our next meeting/event:

Green Valley
Ron Sardisco
270-9074
rsardisco1@mac.com

Leona Valley
Larry Tyler
270-1070
tccprez@roadrunner.com

Lake Hughes
Gene Heintz
264-7279
geneassoc@msn.com

Elizabeth Lake
Frank Toothaker
802-2884
fthothaker@verizon.net

Three Points
Ian Coster
724-1998
irc828@aol.com

Lakes & Valleys Captain
Robin Kennard
917-8806
724-0335
robsusakiwi@msn.com.

If you see news happening, call The Mountain Yodeler at 661-965-2201 or 661-724-1293.



Shoppers look for treasures at the Yodeler's yard sale.

Yodeler Yard Sale Mobbed

The community gave its overwhelming support to *The Mountain Yodeler* during its two-day January yard sale.

I want to thank those who donated goods to be sold, those who picked up the truckloads of items, those who stayed and worked for three days, and those who helped clean up afterwards.

It was exhausting for all of us, but we very gratified by the generosity of our Lakes and Valleys neighbors.

We were mobbed all weekend, even on Friday when we were just setting up!

Lots of items were left over but we had to relinquish the community center to others for their events. All the leftover goods were donated to charity: The Woman's Shelter, Warm Springs Rehab, Goodwill and the Lancaster Library. The Art Guild took some items to be sold at their upcoming sale.

A special thanks to Micky Palmer, who let me store many boxes of goods in her garage before the sale. Thanks also to Glenn, Bonnie and Bob from Green Valley, Sandy, Steve and Tedi from Leona Valley, and Michelle, Judy, Dennis, Jody, Eva, Ann, Jeff and Merrie from the Lakes. I couldn't have done it without you!!!

A few valuable items - such as an antique wheelchair - were donated and did not sell. We have put them in storage and hope to hold an auction for these items.

Ice Cream Social in Leona Valley February 15

Leona Valley Improvement Association will be hosting a "Sweet Sundae" Ice Cream Social on Sunday, February 14, 2010 from 1 - 4 p.m. to celebrate Valentine's Day.

It's time to eat your dessert first, so whether it's sweets for the sweet or sugar for your honey, it's a perfect day to create your favorite ice cream sundae with all of the special toppings imaginable.

Don't forget to mark your calendar and join your family, friends and neighbors at the Leona Valley Community Building, 8367 Elizabeth Lake Road.

\$5 for adults

\$3 for children (12 and under)

For information or to help, call Jan Clark 270-0300.

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BALDWIN'S CHARMING CHIMPS



John as a young man.

THE MOUNTAIN YODELER

Editor/Publisher - Dahlia Grossman

Contributing writers: Dawn Baertlein, Glenn McConnell, Robert Kerekes, Linda-Marcella Berg, Cindy Alcott, Eva Liland, Carla Jetton

Production: Dahlia Grossman, Al Carlson

Art Editor: Todd Cooper; Soldier's Page Editor: Jan Carlson,

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ADVERTISING: Deadline 15th of the month for ads and articles. Ads must be prepaid. Submit ads with payment to Dahlia Grossman, Box 444, Lake Hughes, CA 93532. For advertising rates, see business directory. For more information about ads, email: dahlia.grossman@Verizon.net or call 724-1293.

ARTICLES/PHOTOS: Deadline is 15th of the month. Please email to dahlia.grossman@Verizon.net or mail to Box 444, Lake Hughes, CA 93532.

SUBSCRIPTIONS: \$25/year, bulk rate; \$35/year, first class. Send check to Dahlia Grossman, Box 444, Lake Hughes, CA 93532.

DISTRIBUTION: 2,500 copies.

In Loving Memory John Baldwin

By Dahlia Grossman
Editor/publisher

Long-time Lake Hughes resident John Baldwin passed away at home on December 3 at the age of 79.

John was born April 16, 1930 in Leeds, Yorkshire, England and immigrated to the United States in 1963.

John had three great loves: animals, music and his family.

He traveled the world performing with his chimp act, known as "Baldwin's Charming Chimpanzees" and worked as an animal trainer for Critters of the Cinema for more than 20 years, training cats and dogs for TV and film.

John was a great saxophonist and played with many big bands, including the Ted Heath Orchestra and, locally, with Nightwind Orchestra. During the past few years he was very excited about the success of the saxophone quartet with which he performed over the San Fernando Valley area.

He loved to entertain and always had a joke or funny story to tell. "His motto was 'keep it jolly' and 'leave them with a smile,' said his son John W. Baldwin.

His greatest love, though, was for his family. He often

spoke of them with pride and affection. Even though he had separated from his wife Beryl, they remained very close. "We still had a bond," she said. John spoke of her with great affection, saying, "I never knew I could love anyone so much."

At the celebration of John's life on Dec. 27 at the Sapphire Room, Mrs. Baldwin shared her memories of John: "He was a dreamer and he made his dreams come true," she said. "Whatever he did with music or with his animals, he always worked to the best of his ability. We'll always remember him for his stories and jokes and his enthusiasm for life."

He leaves his wife, Beryl Baldwin, three children: John W. Baldwin, Melanie Jo Baldwin, and Amanda Lovett, six grandchildren, three great grandchildren, and one niece. He also leaves his mother, Mary E. Baldwin of Chatsworth, who just turned 100.

John had an endearing way of saying goodbye to his female friends, as fellow animal trainer Janice Gantenbein said at the memorial service: "The last thing he said to me was 'goodbye, lovey.'"

Goodbye, John. We'll miss you.



John Baldwin in later years.

Crime Report

Deputies are investigating the burglary of a Leona Valley home, according to Deputy Worthington. "It looks like young adults or teens," said Worthington. "I believe they've been there before," he said at the Leona Valley Town Council meeting on Jan. 11.

Worthington once again lauded the local Volunteers on Patrol, saying that their presence in our communities has been a serious deterrent to crime. "I get constant feedback from people about them," said Worthington. "I can't tell you what a huge deterrent that is. I can't believe the difference it has made."

Deputy Promoted

Congratulations to Resident Deputy Loren Worthington, who was promoted to the rank of detective as of January 24.

"Being resident deputy was a lot of fun, but was also the hardest job I've ever done," said Worthington. "I appreciate the support I got from the community."

Worthington had served as resident deputy since December 2006.



John with his friend Frank playing in Nightwind.

Celebrate Valentine's Day in Style at Lakes Dinner Dance

The Lakes Community Center will host a Valentine's Dinner and Dance on Saturday, February 13 in the beautiful Heritage Room (formerly the Sapphire Room) at the golf course.

Chef Brian Gross, who catered Casino Night, will present a delicious buffet with a choice of three entrees, salads, and desserts. Those of you who attended Casino Night will remember how wonderful the buffet was, and this will be similar. Alcoholic beverages will be available from a no-host bar.

The Working Stiffs, a Leona Valley classic rock band, will play after dinner for dancers.

Dinner starts at 6 pm and the music begins at 7:30 pm.

Admission is \$25/person. Seating is limited. Tickets must be purchased in advance. You may buy tickets at Greenside Grill, P.J. deHaas Realty, or Mountain Salon or by calling 724-3029 (Merrie), 724-1293 (Dahlia) or 724-0737 (Linda).

The Lakes Community Center board and members are very excited about bringing this event to the community. It will be a chance to take your loved one to a lovely dinner and dance without traveling outside our community.

This is not only for couples. Singles are welcome, as are children.

We hope to see you there.

If you have any questions about the event, please call Linda, Merrie or Dahlia.

Making Money with your Computer

By Eva Liland

Contributing writer

Can a squid really make you money? You betcha!

It's funny, they all use different words for the same thing but it all boils down to the same thing: exposure.

Putting your business on the internet is the smartest thing you can do in today's economy and will be even more so in the future.

So, what is a squid? A squid is like a website page but squidoo.com is an article directory where you can get a free account and write about anything you like. If you have your own business and would like some more exposure on the internet, create a lens.

A lens? Yes, that is what squidoo.com calls its web pages. Go figure.

Let us get back to the bakery business to try to explain how keywords work. A keyword is the particular word that a potential customer/client types into their search engine, be it yahoo or google or anyone else. By the way, google search engine gets 80% of all the searches.

Anyone looking for a "custom wedding cake" in Lancaster, their keywords (among many) would be "custom wedding cake, Lancaster." To find out how many local searches per month for those keywords, simply use google external keyword tool. It is free, by the way.

So in your squidoo lens, use your

keywords in the headline and then again in your first sentence of your article about your bakery. At the end of your article, put your keywords again and **BOLD THEM**. For some mysterious reason, when search engines search for various topics, if it is bolded, it makes them believe it has more relevance.

Now, what should you write about in your lens? *Anything and everything* that is relevant to your business, no matter how mundane. It's a matter of **EXPOSURE**, so write away!

If your bakery is specializing in cupcakes, write about your favorite customer who came in and ordered six dozen for a fundraiser. In today's web 2.0 society, being personal is what it is all about.

Got your own website and think that is good enough? **WRONG**. What your squidoo lens will actually do for you is to create another link to your website.

When google (and other search engines) sees that, it magnifies the importance of your own web site and your page ranking will move upwards, which equals more sales for you. The more people who see your site (or articles) the more money you can make.

You can also have ads placed on squidoo, giving you 50% of the profits. When somebody clicks on the ad, you profit. Calamari anyone?

If you need further guidance about squidoo, please do not hesitate to call me, Eva 661-714-1643.

HOME RENTALS

by PJ deHaas Properties, Inc.

- \$850 39300 Bouquet Canyon Rd – Leona Valley (Guest House). Newly remodeled Studio, stove, microwave, washer/dryer water, & electric included.
- \$850 20538 Pine Canyon Rd – Lake Hughes (Guest House). 1 bedroom, 1 bath, kitchen open to living room, knotty pine tongue & grove walls & vaulted ceiling, propane heat, water & power included.
- \$875 9331 Northside Dr – Leona Valley (Guest House) 1 bedroom, 1 bath, living room w/woodstove, water included, no pets, no smoking, all electric, tenant pays.
- \$1100 18520 Pine Canyon Rd. – Lake Hughes 2 bedrooms, 1 bath, fireplace, country kitchen, laundry room, includes water and cable on acreage.
- \$1250 40443 90th St W. – Leona Valley 3 bedrooms, 1 bath, 1200sf, 1/2 acre, horse property, woodstove.
- \$1250 14805 Nearside Dr. – Lake Elizabeth 3 bedrooms, 2 baths, 1100sf, new carpet, new paint, large deck w/view, 2 car garage.
- \$1300 18268 Pine Canyon Rd. – Lake Hughes 2 bedrooms, 1 bath, fireplace, electric, cable, trash, gardener included no smokers, no pets.
- \$1400 15634 Calle Hermosa – Green Valley 3 bedroom, 2.5 bath, 1464sf., 2 story, fully rehabbed, fireplace, 2 car garage, fenced yard.
- \$1500 14750 Lakemont Dr. – Lake Elizabeth 3 bedrooms, 2 baths, 1324sf., hardwood floors, breakfast bar, fireplace, deck with lake view, 2 car garage.

For more information call PJ deHaas Properties, Inc.
(661)724-2592

VALENTINE'S DINNER / DANCE

Celebrate Valentine's Day in style at a festive dinner / dance at the golf course in Elizabeth Lake. Sponsored by Lakes Community Center. See page 2 for more information or call 724-0737.

Green Valley Citizen of the Month

By Glenn McConnell

Webster defines the word mentor as, "a trusted counselor or guide, a tutor or coach." When I moved to Green Valley 26 years ago I met such a person. This person taught me the true meaning of, "love thy neighbor." His name was George Fulton.

George wasted no time mentoring me. George learned that I was a plumber. I remember him saying early on in our relationship, "You are new in town and everyone needs to help out. When a senior needs plumbing repairs I want you to respond, and we don't charge them. I'm putting you on my list of helpers."

George was a driving force in Green Valley, with endless energy and a tremendous desire to serve the community he loved. He held the positions of president of the Green Valley Community Club (now called Green Valley Charitable Hall), president of the Green Valley Water District, president of the Green Valley Go For Fun Club (seniors), and was an active member of the Historical Society in Leona Valley and a reserve game warden.

George was not alone in his quest to be a good neighbor. His wife Jean shared the same love for Green Valley. George first met Jean when she was just a teenager. They both lived in Hawthorne and were attending Leuzinger High School in Lawndale. George knew he had found the love of his life and they were married two years later.

After high school, George went to work for Northrop Aircraft before entering the United States Air Force. During WWII, George attained the rank of sergeant and was assigned to the 92nd Bombardment Unit as a tail gunner. After WWII, George returned to Northrop, where he worked for the next 35 years until his retirement in 1979.

George hailed from Edina, Missouri and Jean from South Bend, Indiana. George had two brothers and one sister and Jean had two sisters. One of George's sisters (Betty Rapella) is a long-time resident of Green Valley. George and Jean had three girls (Annalou, Janice and Pamela). Some of you may remember Annalou (Ann) and her husband Larry Miller, who were once residents of Green Valley.

After retirement, George and Jean enjoyed traveling in their motor home. One of their favorite local spots was at the Kern River. George enjoyed fishing, hunting, reloading, reading (especially books by Louis L'Amour), listening to country music, and coin and stamp collecting. You can see that George was not the type of person to let the grass grow under his feet!

In 1989, George passed away from a blood clot after a hip surgery. George and Jean were married for 42 years. Jean now lives near her daughter and son-in-law in Missouri.

Many recent residents to Green Valley may have never heard of George Fulton. It's men like George who have shaped the character of our wonderful country town. George loved life, his family and his community. His passion for helping others still serves as a role model. George was a true American, a cherished friend, a mentor to many and one of Green Valley's finest.

See photo at upper right.



Green Valley citizen of the month George Fulton

THE ROCK INN

Valentine's Day Specials!

Murder Mystery Dinner - postponed

Breakfast	Lunch	Dinner
Open every day at 8 a.m.		

Taco Night - Monday

Acoustic guitar music - Tues., 7 - 9 pm

Wed. - Spaghetti - all you can eat

Karaoke - Thurs., 6 pm, kids welcome!

Country line dancing - Fri. at 8 pm

Sat.: Prime rib dinner Live music 9 - 1

\$9.95 Dinner Specials - Monday - Friday

724-1855

Lakes Outstanding Citizens to be Honored at Banquet

A very special dinner honoring local citizens shall be served on Saturday, February 6 beginning at 7 pm at Giannini's Bistro and Grill, 858 Lancaster Boulevard, Lancaster.

This dinner is in recognition of 13 outstanding citizens who have contributed their time and talents to the Lakes Communities.

Tickets are \$25 and include dinner and a brief program honoring the following outstanding citizens and their accomplishments:

Dave Faust, artist, president of The Lakes and Valleys Art Guild;

Nick and Sharon Giannini, owners of Giannini's and former proprietors of The Greenside Grill in Lake Elizabeth;

Teri Gordon, former Lakes Town Council president and local Realtor;

Karen Graham, treasurer of The Lakes Town Council; Dahlia Grossman, editor of *The Mountain Yodeler*;

Norm Hickling, deputy to Los Angeles County Supervisor Michael D. Antonovich;

Linda Joynt, Lakes Community Center and Lakes Woman's Club Volunteer;

Norm Judd: distinguished community member, former Lakes Town Council member; instrumental in getting sewers for Lake Hughes;

Bob Large: former Lakes Town Council president; Bud Lehner: Lakes

improvements coordinator, including installation of the Lakes Town Signs,

Robin Kennard: Volunteer on Patrol, Antelope Valley CERT Community Emergency Response Team captain; and

Allaire Paterson Koslo: Lakes Honorary Mayor, actor, activist, and Adopt-a-Highway volunteer.

Green Valley resident Lee Ryan will be the master of ceremonies. Lee is a talented actor and comic.

Please contact Jim Walker, president of The Lakes Town Council at 661.839.2925 or Chuck or Valerie Kevitch at 661.724.8325 for further information or tickets.

This evening of recognition promises to be fun, similar to the Golden Globes or Oscars in that we are rewarding people who "perform" great services to our community and there shall be humor and special awards!

Honorary Mayor Sees Bald Eagle

By Allaire Koslo
Coincidence?
Serendipity? Synchronicity?
Kismet? Fate? Destiny?
Chance?

By Lakes Community Honorary Mayor Allaire Koslo
Our winter "Lakes" Bald Eagle has returned!!!! I saw the lone Bald Eagle early Tuesday morning, January 12, 2010! What a beautiful symbol of "Where Nature is Our Neighbor!"

Someone wise once said there are no coincidences, there are no accidents, or if there are, these chance happenings and occurrences are for a reason. So here we have a Bald Eagle appear before my daughter and me in a cottonwood tree for our wonder and awe and inspiration.



How can one be sad for long when one witnesses such beauty, such a gorgeous bird, so free!

Blessings come in threes, so first: The Bald Eagle sighting and then other good news.

Here is a moment in time where a mother and daughter are honored on the same day, for totally different reasons and at two different events.

Lake Hughes resident, twelve-year-old Chloe Koslo won the Daughters of the American Revolution essay contest for 7th grade with the Antelope Valley Chapter. She shall be reading her essay on the Transcontinental Railroad and receiving her award at a luncheon at Highland High School in Palmdale on Saturday February 6.

Your Lakes Community Honorary Mayor, Allaire Koslo, also known as Chloe's mom, shall that evening be awarded an "Outstanding Citizen" scroll from the County of Los Angeles in Lancaster at Giannini's Bistro and Grill at 7 pm along with 12 other recipients. Please

<p>Allaire Koslo Honorary Mayor The Lakes Community</p> 	<p>P.O. Box 371 Lake Hughes California, 93532</p> <p>661-609-1481 allaire@igc.org</p>	
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come; it shall be a delicious dinner and a nice time to appreciate one another and celebrate our community!

So what to make of this? What does this mean? Portents for the future, omens, a sign?

In Shakespeare's time - the 1600s - people always looked to nature for messages. I see the Bald Eagle as a strong reinforcement of my work as an ambassador, advocate, and activist for our Lakes Community.

Whether it be as your Honorary Mayor, alternate on our Lakes Town Council or just a dedicated mom and citizen, I am here to serve.

Thus, I have a letter writing campaign going to our Senators Feinstein and Boxer to impress upon them how important it is to preserve and restore our lakes. Anyone who would like to

join in this cause please contact me directly:

allaire@igc.org,
661.724.2255, 661.609.1481
or write to Allaire Koslo, P.O. Box 371, Lake Hughes, California 93532.

In conclusion, our actions have an impact and matter. Writing a meaningful essay matters, writing a letter about a subject you care passionately and deeply about, matters, picking up trash or recyclables by the side of the road matters!

Luck or good fortune often happens when one is prepared and working hard. Then opportunity shines like a bright light or star.

Be that star, let your light shine! And may your heart be healthier by giving that love to your world and others, especially during this month of LOVE!!!



All the mailboxes on Ranch Club Road were broken into on Friday, January 9. If you have any information about this crime, please call the Palmdale Sheriff's Dept. at 272-2400. Photo: Anya Beswick. See related article, page 13.



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*Water Diversion *Driveway Repair*
Fill Dirt and Decomposed Granite Available

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A Great Place To Eat

By Glenn McConnell

On Friday, Saturday and Sunday the Green Valley Café is open for business. Chris runs the front end of the café as the waiter and Bill handles the duties in the kitchen as the chef. They make a great team.

Chris is always quick to greet you with a smile upon your arrival and during your meal you may get a visit from Bill to see if the meal measured up to your expectations. Both Chris and Bill are eager to please.

My personal favorite is Bill's homemade soups. Number one on my list is the seafood chowder. It contains four different types of fish.

Friday night is \$1.50 tacos. They are like the ones my mom made.

The menu contains a full range of food with nightly specials. I have yet to find anything on the menu that wasn't great.

Chris has been in the restaurant business for the past 10 years and Bill has been a chef for the past 30 years. Together they make a winning team.

District Ranger Speaks to Fire Safe Council

The Fire Safe Council's first meeting of 2010 enjoyed guest speaker Bob Blount, our new U.S.D.A. Forest Service district ranger.

Bob has been seen a lot around our communities lately since becoming our district ranger. He jumped right in and got to know the residents of these areas by attending not only Fire Safe Council meetings but also the various town council meetings.

Bob informed attendees that the Texas Canyon Hot Shots had moved into the location of the old district office that was destroyed in the Buckwheat fire. The district office hopes to move into a new, permanent facility in Acton 2011.

Bob plans to keep the communities informed of U.S.D.A. Forest Service activities by attending meetings when his schedule allows.

The year 2009 can't come to a close without thanking residents for their generous donations of money, supplies and volunteered hours. Your donations not only have allowed us to continue for

more than seven years, but assist greatly in supplying our four community emergency bins. Please remember all cash and supply donations are tax deductible. If you have any questions regarding this please contact us.

Your volunteer hours spent helping your neighbors with brush clearance related activities go towards our required matching funds for our grants.

Great things are coming for 2010. We plan on having our annual events: Firefighter Appreciation Day, Free Chipping Day and informational monthly meetings. Please let us know if there is something you would like to see.

We look forward to seeing you at our meetings on the first Wednesday of every month. The next few meetings are Green Valley, Feb. 3; Leona Valley, March 3 and the Lakes, Apr. 7.

For more information please call 270-9911 or email us at afvfsc@roadrunner.com.

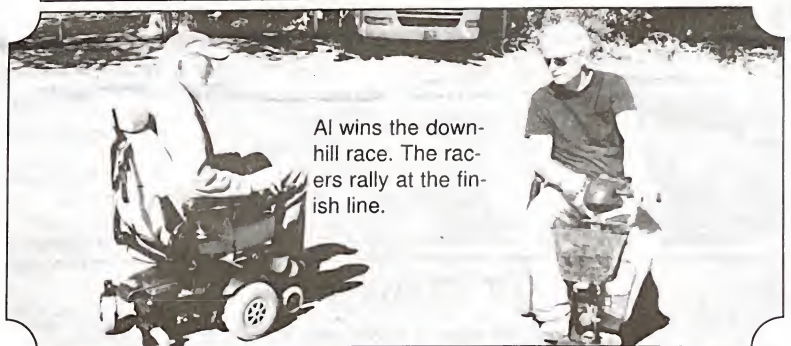
Geezers Al Carlson and Tom Joynt hold a scooter race.



Gentlemen: Start your engines!



Tom (right) takes the lead at the start.



Al wins the downhill race. The racers rally at the finish line.



Tom wins the uphill race.

Oaks Christmas Dinner (cont. on page 17)



Lakes residents enjoyed a bountiful meal, followed by an excellent musical program at The Oaks' annual Christmas dinner on December 5.

Also on the program was an inspiring message by the pastor of Fairmont Church and a state-of-the-art "digital" Christmas carol singalong.

At right: hosts Dawn and Dana Stewart.

Grossman photos



Letter to the Editor

Optimistic about the Golf Course?

To the editor:

After reading the article in the Jan. 1 paper regarding The Ranch at Lake Elizabeth I couldn't help but compare this owner with previous owners. All have said the same thing about renovations to the facility with the following results: One owner couldn't make up his mind what to do, one owner did do some improvements, but he became entangled in legal issues which resulted in bankruptcy and the course closing.

They both had good intentions but different concepts on how to achieve their goals. Now another owner, who has made promises similar to previous owners claims, states work has not progressed as quickly as anticipated. His snafu, not getting his liquor permit in a timely manner, really, it was that important over making the necessary improvements to the pro shop or the golf course.

Another excuse he gives for slow progress is due to three years of neglect due to bankruptcy. While that may be true to some extent, poor course management has been another significant issue which led to the closing of the course.

The new owner says he is optimistic about the future of the property, something we have all heard and become quite familiar with.

Roger Berger, Leona Valley

Tomatoes Thrown at Green Valley House

The Yodeler received a report that someone threw tomatoes at a Green Valley house on Christmas night. "He heard it, but thought it was raccoons," said a friend of the victim. "As it turned out, kids with bags of ripe tomatoes were flinging them. You would think they wouldn't want to go out in the cold or do something charitable," she said.

If you have any information about this crime, please call the Palmdale Sheriff's Dept. at 272-4200.

If you see news happening, call The Mountain Yodeler at 651-724-1293 or 661-965-2201.

Historical Learning Center Being Refurbished

By Karan Hall
Contributing writer

The Lakes Community Center will dedicate the newly refurbished east wing of the Community Center as a Community Historical Learning Center.

This area of the center will be used to store and display historical area photos, stories, news articles, documents, artifacts and more. We will form a committee of members of the community who will organize and document our history in a safe and modern facility.

In addition, the committee will host special "history nights," and current and past residents will be encouraged to bring in pictures, documents and other interesting

artifacts. These photos and documents will be scanned and then returned to the families, so that precious parts of our history can be kept in one location and shared with future members of the community.

Our plan is to work in conjunction with the West Antelope Valley Historical Society and the history department at Antelope Valley College.

We Want to Name the Center after You!

The construction of the Historic Learning Center is part of the remodeling project now under way at the community center. To help us finish financing the Historic Learning Center, we are pro-

posing that the new center be named after the highest donor. To be considered for this honor, your contribution must be at least \$10,000.

The highest donor would then have the honor of naming this archival room after themselves or a loved one.

When the upper building was remodeled about 12 years ago, it was named after Bob Johnson, a longtime resident who was instrumental in the purchase of our property from the U.S. Forest Service and who was one of our first community center presidents.

The Lakes Community Center's mission is to educate the Lakes area residents about our rich history and restoring and to preserve its buildings, which were originally Civilian Conservation Corps facilities.

Help Haiti

It is truly heartbreaking to watch the news about the devastating earthquakes in Haiti. My gut reaction is to want to go there and do anything I can to help and to adopt some of those poor orphans.

Because of my responsibilities here at home, that is not possible.

Just before I held the big yard sale fundraiser for *The Mountain Yodeler*, I received a very touching donation of \$100 from 12-year-old Chloe Koslo of Lake Hughes. Chloe had saved her own money to make this contribution. She is following her mother Allaire's footsteps in the path of community involvement and charity. On behalf of *The Yodeler*, I sent part of that donation to The American Red Cross for Haitian earthquake relief.

During these difficult economic times, many people can not donate much. But I hope Lakes and Valleys residents will contribute whatever they can to the relief effort.

The editor

Photo below: Jan. 22 storm. Grossman photo

Letter to the Editor

Pray for Haiti

To the editor:

The January 20 article on the Op-Ed Page regarding the Haitian Quake was very interesting. Those of us sitting in front of our computer screens can Google "tectonic plates" and with a bit of research have a general idea of what happened.

It may be a matter of science to many of us, but it is important to understand that the struggle between good and evil, curses and blessings, man and nature, is very real to many of the people of that island nation where shamanistic traditions and Voodoo are part of everyday life.

Did a curse brought on by a pact with the devil cause this tragedy? A Google of "Haiti Pact with Devil" brings up 1,670,000 hits. A Google of "Haiti Tectonic Plates" brings up about 63,300 for Haiti Tectonic Plates. You tell me.

Might we just say that it makes little or no difference at this juncture what caused the problem? It is important for the people in desperation there that the world focuses on the solution. The word that applies here is Opportunity.

In a place where the battle of Good and Evil is very real, we (as a Nation) have an opportunity to be an agent of goodness. The World has an opportunity to right the wrongs of a nation that to this day has not overcome the tragic aftermath of slavery in the western world. Humanity has the opportunity to see this as a catalyst for the true liberation of a nation.

Why did this happen now? I do not know, but I do know this. It happened when we have a President in office that might truly understand the plight of these people. It happened at a time when we have the means of getting there to rescue people within hours. It happened at a time when technology has the means to communicate needs within microseconds to the entire world.

A suggestion: Japan has developed modular construction into an art form. A Google of that resulted in <http://www.scrapbookscrapbook.com/DAC-ART/modular-kit-houses.html> something that could be built in the open fields nearby to house the homeless soon while the rubble is cleared.

In the meantime, a few prayers for all of us wouldn't hurt. Sincerely, Glenn Buxton, Leona Valley

Mailboxes Hit

By Donna Sharpe

Lakes mailboxes have been hit three times in three weeks. Each in a different area of the Lakes.

I just want to remind people to pick up their mail every day and to never leave it overnight even if they have a locked box because the thieves break the lock or just take the whole box.

There is no waiting list for a post office box and we have plenty in all sizes ready to rent.

If you are going out of town call the Lake Hughes Post Office at 724-1831 to have us hold your mail.



LAKES WOMANS CLUB

NEXT REGULAR MEETING

Wed., Feb. 10 at 7 pm
Lakes Community Center

*All Lakes and Valleys
women welcome!*

For information about joining the Lakes
Womans Club, call Judy at 724-2382.

The Art Page

Todd Cooper
Art Editor

state of the ART in our community

ART QUIZ ■ ■ ■ Technique & Materials

- What type of binder is used for watercolors and/or pastels?
 - Linseed oil
 - Wax
 - Egg yolk
 - Gum arabic
- Which of the following is considered the oldest form of paint?
 - Tempera
 - Watercolor
 - Oil
 - Gouache
- What type of varnish is most commonly used today?
 - Damar varnish
 - Ruby varnish
 - Amber varnish
 - Diamond varnish
- Which of the following inventions helped to develop Impressionism and the impasto technique?
 - The canvas
 - The paint tube
 - Oil paintings
 - Watercolors
- This technique consists of placing lines closely side by side. What is it?
 - hatching
 - stippling
 - crosshatching
 - sfumato
- This is a water-based, opaque paint that is similar to school-quality tempera, but is of higher quality. What is it?
 - watercolor
 - gouache
 - acrylic
 - encaustic
- This is a manner of painting in which the paint is laid on thickly so that the texture stands out in relief.
 - impasto
 - conte
 - sfumato
 - terra cotta
- Pre-stretched canvasses you buy at the store are usually white. That means they...
 - Have been painted white
 - Are low-quality
 - Need to be primed
 - Have been primed
- What are the three primary colors?
 - Grey, black, white
 - Yellow, orange, blue
 - Yellow, blue, red
 - Orange, red, green
- How do you make neutral grey?
 - Take as many colors as you want until it turns grey
 - Mix two opposite colors together
 - Buy grey at the store and that's neutral grey
 - You can't make grey... it's physically impossible
- What is the name for something you mix in your paint to give it different qualities?
 - Medium
 - Filler
 - Mix
 - Changer
- The term, 'lost wax process', refers to?
 - pouring candles
 - soap making
 - casting in metal
 - crayon drawing

LVAG 2010 Schedule

January - February
"It's a Brand New Day" with
Tom and Ken Kaylor

March
David Hasse and
Steve Ponting

April
Poppies and Wildflowers
Member Group Show

May
Ellie Korn and Kim Winberry

June
Edwin Vasquez and Ulrica
Bell Perkins

July
Lancaster Photography
Association Show

August
Todd Cooper

September
Annual Fundraiser and Live
Art Auction

October
Janine Cooper Ayers and
Ralph Maxwell

November
Annual Juried Art Show

December
Childrens Art Show

In addition, watch for special activities and events throughout the year, such as workshops, classes, paintouts and movie nights.

Quiz Answers:
1-d, 2-a, 3-a, 4-b, 5-a, 6-b, 7-a, 8-d, 9-c, 10-b, 11-a, 12-c



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the art of
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WORKSHOPS and PRIVATE CLASSES



LVAG NOTES

Members! Sign up for gallery sitting! Just put your name on the calendar at the gallery. LVAG logo merchandise is available at www.zazzle.com/TheCoyoteStudios/LVAG. The next LVAG general meeting will be Sunday February 28, 2010, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

www.lakesandvalleysartguild.com



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Green Valley Seniors Dine at Lakes Community Center

Green Valley Go For Fun Club held their monthly potluck at Johnson Hall in January. The extension of hospitality by the Lakes Community Center is another step in creating a stronger link among the people of the Lakes and Valleys Communities. Grossman photos.



Church of the Lakes Celebrates Christmas



Youth choir: Chloe Koslo and Patrick Krevi



The Church of the Lakes has an amazing number of talented singers and musicians, who shared their gifts with the congregation and guests at their first musical Christmas program in December. MC Sandi Rogers led the congregation in a beautiful and inspiring service. Grossman photos.



Shea Krevi played piano.



Ron Simpson as Joseph



The 3 Wise Guys: Dennis Graves, Gene Heintz and Ken Nelson



Carla Graves (left), Dennis Graves and Diane Reeves



Mikayla Heimbuch as Mary



Julie Rolof



Gene and Layne Heintz



Layne Heintz and her daughter Ricanne Stromoski

OAKS CHRISTMAS DINNER



Photos by Dahlia Grossman.



This 'n That



Linda Joynt, Peggy Moore, Theresa Greene and Layne Helntz were among the volunteers at the New Year's Day Christmas Tree bonfire. The Lakes Community Center served food to the hungry crowd as they waited for the bonfire to be lit. Grossman photo.



Miss Lakes Carolyn Kendall and Junior Miss Lakes Brooklyn Alcott held a craft fair in December to benefit the community center and Saddle Up. Grossman photo.



Present and former Lakes queens held a walk-a-thon on January 10 to raise money for Saddle Up Therapeutic Riding Ranch. The girls walked from Lake Hughes Road to the Lakes Community Center. Grossman photo. See article, page 19.



Dorothy Solberg visited her daughter in England in November and together they went to Annecy, France, a cute little medieval city about an hours driver from Geneva for a little wander and lunch. "It was very rainy though so we ended up spending most of our time inside eating French food. I know, life is tough for us here!" said daughter Holly.



At left: Five HELUS staff members after the holiday musical program. Grossman photo.

To have your photo printed on this page, email it as a JPEG file to dahlia.grossman@verizon.net

There is no charge.

Big Kids' Book Corner: Pirates by Celia Rees

Reviewed By Dawn Baertlein

Nancy Kington wasn't born into the pirating trade. She was the daughter of a wealthy sugar merchant in the 1700s and belonged to a very respectable family.

Of course, it was disgraceful the way her widowed father allowed her to run wild through the streets of Bristol, England with her best friend William, whose mother ran the local tavern, for heaven's sake.

And yes, she could have used the manners of a proper finishing school.

Still, no one ever thought she'd go this bad.

When it came down to it, though, she didn't have any good options. Nancy was 16 when storms sunk several of her father ships, sending his business into ruin.

To make matters worse, her loving father died suddenly, leaving her in the care of a couple of lazy and greedy brothers.

Before she could recover from the grief of losing her father and her wealth, she was shipped off to her family's Jamaican sugar plantation. Without her knowledge she'd been promised in marriage to a wealthy but cruel competing plantation owner known as "The Brazilian."

When Nancy arrives at her plantation she finds Jamaica to be beautiful and exotic. Unfortunately, she's trapped in the manor with no one to talk to. Slaves are not supposed to mingle with masters, and slaves are the only other people there, apart from the foreman. And she certainly has no interest in mingling with that creep.

Nancy had always been sheltered from the business of the Jamaican slave trade, but now she is smack in the middle of it, and she doesn't like it. As she earns the trust of her maid and the maid's daughter, Minerva, her life improves. Theirs

does not.

It doesn't matter that Nancy is - on paper anyway - the plantation owner. The foreman is the boss and a firm believer that slaves should be kept in their place. And he and his whip relished the task.

Before Nancy can be married into this trap forever, she and Minerva take off for the hills where they meet up with a band of pirates. After much debate they are accepted onto the ship where they work and fight alongside the men.

Although pirates are depicted as opportunists, stealing from merchant ships crossing the seas, and killing when they must, there is also an almost good side to them.

They loathe the slave trade, and take special pride in attacking a slave ship and setting the slaves free. And many of them, like Nancy and Minerva, have their reasons for needing to escape "respectable lives."

Pirates! is an exciting adventure, with a couple of love stories and a bit of a mystery thrown in. It's recommended for grades 7 and up.

Happy reading!

Business People Take Note

If you own a business in Leona Valley, or if you are a Leona Valley resident who owns a business elsewhere, Leona Valley Town Council will put your name on its website at no charge.

For more information, go to <http://leonavalleytown-council.org/contactus.aspx>

Humor

SPEEDING TICKET

A police officer stops a blonde for speeding and asks her very nicely if he could see her license.

She replied in a huff, "I wish you guys would get your act together. Just yesterday you take away my license and then today you expect me to show it to you!"

RIVER WALK

There's this blonde out for a walk. She comes to a river and sees another blonde on the opposite bank. "Yoo-hoo!" she shouts, "How can I get to the other side?"

The second blonde looks up the river then down the river and shouts back, "You ARE on the other side.."

Queens Walk for Charity

Junior Miss Lakes, Brooklyn Alcott, sponsored a walk-a-thon to raise money for Saddle Up, a therapeutic horseback riding program designed for physically and mentally challenged individuals. The fundraiser was required by the 2010 Junior Miss Antelope Valley Pageant, in which Brooklyn competed for the crown on January 30.

Brooklyn invited nine past and present Lakes queens and princesses to join her in her walk: The girls walked on January 9 from Lake Hughes Road to the Lakes Community Center. (See photo on page 18.)

The goal was for each girl was to get 10 people to sponsor her at \$10 each, with a total fundraising goal of \$1,000.00!!!

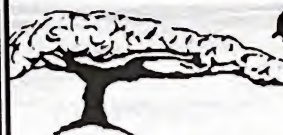
All monies raised went directly to Saddle Up.

If you would like to learn more about Saddle Up, please visit their website at www.saddleup.8m.com.

See photo, page 18.



Photo at left: HELUS teacher Anja Beswick accompanies students at the holiday music program. Grossman photo.



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Press release

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- If you see power lines on the ground, stay away. Do not touch or try to remove them. Downed power lines are dangerous. Call SCE or local law enforcement if you see them.
- If you know someone who is dependent on electrically operated medical equipment, make backup power arrangements in case a power outage affects that equipment.
- Watch for traffic signals that may be out. Approach those intersections as four-way stops.
- Make sure you have a battery-operated radio and flashlights. Check the batteries to make sure they are fresh. Use flashlights for lighting during a power outage; do not use candles because they pose a significant fire hazard.
- Do not use equipment designed for outdoor cooking indoors. Such equipment can emit carbon monoxide and other toxic gases.
- If you use a generator, place it outdoors and plug individual appliances directly into the generator, using a heavy-duty extension cord.
- Connecting generators directly to household circuits creates "backfeed," which is dangerous to repair crews.
- To report power outages, call 1-800-611-1911

WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher

December 2009

Temperature

High - 65° on 12-1 Low - 21° on 12-9,10
Average High - 50.6° Average Low - 31.2°
Average Temperature - 40.9°
Lowest High - 39° on 12-9
Highest Low - 43° on 12-21

Precipitation

Precipitation- 5.54" (2.25" Above Average, 0.83"
Above Last Year)
Seasonal Precipitation (7-1-09 to 12-31-09)- 8.09"
(1.60" Above Average, 0.25" Above Last Year)
Snowfall- 0.30" Last Year- 14.5"

Outlook for February 2010

February has the second highest average precipitation of all months and with a potential for good snowfall. Expect daytime highs in the low 40s to high 60s. The overnight lows will range from the low 20s to mid 40s.

February Averages and Records

Temperature

High- 79° in 1999 Low- 13° in 1990
Average High - 55.8° Average Low - 33.7°
Average Temperature - 44.8°

Precipitation

Average Precipitation - 5.20"
2009 Precipitation - 7.35"
Greatest Precipitation - 17.69" in 1998
Average Snowfall - 3.20"
Greatest Snowfall - 15.0" in 1989

Averages and records only depict data since 1976.

Weather facts for the year 2009

High - 106° on July 19 Low - 20° on January 5
Average High - 72.4° - 0.3° below 2008, 1.9° above average
Average Low - 44.8° - 0.7° Below 2008, 0.7° above average
Average Temperature - 58.6° - 0.5° below 2008, 0.8° above average

Precipitation (1-1-09 to 12-31-09) - 18.71" (6.67" Below 2008)
Greatest Monthly Precipitation - 7.35" in February
Greatest Monthly Snowfall - 5.0" in February
214 clear or mostly clear days, 151 cloudy or partly cloudy days

Did you know?

The snowiest city in the United States is Stampede Pass, Washington with an average of 440.3 inches annually.

Green Valley's Get Acquainted Club Welcomes Three Neighbors

Reprinted with permission from *Antelope Valley Press* May 28, 1961

Galloping Grandma Get Acquainted Club

Our Get Acquainted club met at the home of Caroline Caslander for our regular May meeting and we welcomed three new neighbors at this meeting: Josephine Whitney, Dorothy Stranberg, and Alma Neilson.

Others attending were Jewel Monsen, Grace Lykins, Isa Hann, Julia Wymer, Betty Babcock, Avaloo Boyd, Lucille Thompson, Marline and Margarete Talbot, Sharon Place, Barbara Marchstadt, Hattie Hoffman and Della Podas. Julia Wymer will be June hostess and we will meet in the San Francisquito Campground park below the Ranger Station.

Sharon and Louie Place entertained 25 of their immediate family at a Mother's Day dinner. Louie is the Head Forester at Camp Kenyon Scudder in Bouquet Canyon. He is also very active in Boy Scout work. He recently entered his troop at the Scout Craft Fair in Lancaster.

Mr. and Mrs. L.W. Ingraham and Tico of Lancaster visited in the valley Wednesday at the home of their son, Charles, and at the R.E. Talbot home.

Bill and Gail Finley left, via trailer plus their boat, for Imperial Dam near Yuma for a week of fishing and camping on the Colorado River. Gail's mother, Margaret Henry of Burbank, accompanied them to share in the sport.

Two Green Valley girls awarded scholarships.

Dorothy Hosler, a sophomore at AVC was awarded a scholarship for outstanding work. She is a member of Associated Students of Antelope Valley College. She heads the list of nine valley students who have been awarded the title of State Scholars for the academic years 1960-61. Dorothy will transfer to the University of California in Berkeley in September where she will major in history.

She was a four semester member of Alpha Iota, has held the offices of secretary, treasurer, and publicity director for the honor society. She is also active in other school clubs. The State Scholars are selected from some 14,000 applicants.

They are within the top 8 percent of the college aptitude. Dorothy is the daughter of Harland and Helen Hosler, who are both talented musically.

Helen is mighty handy with the hula dance too. Dorothy was also awarded the University of California Regents Scholarship subsequent to the State Scholar Scholarship.

Potluck Breakfast

Thirteen from green Valley attended the Annual Patio breakfast at the Chuck Gardener home in Lake Hughes. Everyone did justice to the delicious hot cakes, eggs, coffee and juice served by ladies of the Women's Association of the Presbyterian Church.

A good deal of time has been spent by the Gardners in making the beautiful patio, filled with relics of the past, also many unusual wood formations and many of stone.

This is all under a natural setting of small oak trees. Mr. Gardener is a retired fireman and their byword is hospitality.

Living Without Arthritis Diet Changes Can Help

By Dr. Alan Immerman

Aches and pains in joints are extremely common in middle and old age. In fact it is rare to see someone over the age of 45 who does not have some evidence of arthritis.

There are two major types of arthritis. The first, and most common, is osteoarthritis, also called degenerative joint disease, arthrosis, and spondylosis. The second major type of arthritis is called rheumatoid arthritis. It is far less common than osteoarthritis but it is usually far more serious.

There are many lifestyle changes which will help you if you are suffering from arthritis. This is fortunate because since most common anti-arthritis medications have serious side effects. Also, the drugs do not health the arthritis. They simply reduce the severity of the symptoms while the underlying disease progresses.

Many studies have shown a link between rheumatoid arthritis and food. A case study from a London medical school showed that milk and cheese can aggravate this condition.

A study at Wayne State University found that six patients with rheumatoid arthritis became completely symptom-free when placed on a fat-free diet.

Experiments with 44 rheumatoid arthritis patients found that relief of pain and swelling resulted when certain foods were avoided, most commonly wheat, corn and beef.

A diet providing a relatively small amount of tryptophan, an amino acid subunit of protein, has been shown to relieve the pain of rheumatoid arthritis.

Besides specific foods, the overall amount of food has been found to have an effect on rheumatoid arthritis. Total fasting has been proven to relieve the pain of this condition and result in positive, permanent, changes in blood tests. Scientists have long known that a restricted food intake will reduce the severity of rheumatoid arthritis in animals.

The second major type of arthritis is osteoarthritis. At the Fourth International Food Allergy Symposium in July of 1982, Dr.

Derek Wraith of the Memorial Hospital in London stated that "joint pain and swelling, the classic symptoms of arthritis, may actually be caused by food allergy in some patients." *He successfully treated forty-two arthritis patients in England by removing eggs, milk, sugar, wheat, and yeast from their diets.*

In support of Dr. Wraith's work, scientists have found that eating minimal amounts of food will slow the development of osteoarthritis in animals.

An example of the link between diet and arthritis is a patient with rheumatoid arthritis whom I worked with in 1980. We will call him Don Smith. His first symptoms were shoulder pain in 1971 after overworking this joint. The initial diagnosis was tendinitis. Aspirin was prescribed but it was ineffective.

Suddenly the pain began to travel from joint to joint, affecting both shoulders, hands, feet, and knees. The doctor next tried Butazolidin. When it was obvious that this drug was ineffective, Prednisone was tried.

In 1972 this patient was sent to a rheumatologist who prescribed iPlaquein, Tandearil, Methotrexate, and an antidepressant. Again, there was little or no improvement.

In the next few years this patient went from doctor to doctor, trying different drug regimens including gold injections, Motrin and 16 aspirin per day. The drugs would help for a few months, then the pain would return. Drug side effects caused an abnormally low white blood cell count, imbalance in electrolytes, ringing in the ears, and many other problems.

Finally, after nine years of frustration, continued pain, and treatment with almost every conceivable arthritis drugs, Don decided to try something different: a special diet and fasting.

Initially, Don's diet consisted of raw fruits and vegetables for nine days. During this time, he slowly reduced his intake of aspirin and Prednisone so that, by the 10th day, he was on no medication whatsoever.

For the next three days, he ate a piece of fruit for breakfast and green juice (spinach, parsley, cel-

ery) for lunch and dinner. On the 13th day he started a total fast, ingesting only water.

During the first four days after stopping the medication, Don had pain all over his body and he was not able to sleep. On the fifth day, however, the pain dramatically reduced in severity. Don went on to fast a total of 34 days, with two periods of two days each during which he drank fruit and vegetable juices. The fast was ended with five days of fruit and vegetable juices, then 13 days of raw fruits, raw and cooked vegetables, with the addition of rice the last five days.

At the end of his diet and fasting program, Don was experiencing only traces of pain even though he was on no medication. Three months later, Don was planning another fast to get rid of the last traces of pain.

Rheumatoid arthritis is a very serious illness and to resolve it requires a firm commitment to a program of diet and fasting. But the benefits of such a program can be many years without pain and without medications and their side effects.

Osteoarthritis is usually much easier to treat than rheumatoid arthritis. A typical case of osteoarthritis was a woman we will call Susan, who suffered from severe osteoarthritic pain in her back, neck and fingers. Her fingers were so stiff that it threatened her livelihood as a secretary.

Susan was put on a 2-week diet of exclusively raw fruits and vegetables. After two weeks she could bend her fingers normally without pain and the pain in her back and neck was severely reduced. This is a typical recovery for people suffering from osteoarthritis.

To help either type of arthritis it is initially necessary to undergo a strict regimen of raw foods and/or fasting. Afterwards, a more liberal diet can be followed.

Arthritis is an inflammation of the joints. Inflammation is a defensive action instituted by the body to dispose of irritating and injurious substances, many of which come from our food. When these substances are eliminated from the diet, the arthritic symptoms disappear.

It is far more sensible to eliminate the irritants that are causing the inflammation than to take medications to mask the symptoms and the pain.

HEALING YOURSELF WITH A NATURAL DIET

By Dahlia Grossman
Editor/publisher

Last month, I received an email from someone who was very excited to report that her friend had followed the advice in one of my articles and was now healing from chronic arthritis. The article is printed on page 24.

All of the suggestions in this article will help heal arthritis and numerous other diseases that we are advised to "learn to live with." My goal is to teach you to live without them!"

Before I talk about the healing diet, I want to stress that food does not actually heal you. Your body heals itself. But without the necessary tools (i.e., good food, sleep, clean air, pure water and exercise) your body will be unable to heal.

This is probably the area of our lives that most needs reworking. And by making the changes suggested in this article, you will be well on your way to recovery.

Recommended foods

The optimum diet consists mainly of vegetables, fruits, nuts and grains. While this may sound limited, keep your goal in mind! After you are totally healed, you can "cheat" a little. But for the first year, it is essential that you follow these guidelines closely.

In 1974, when I decided to become a vegetarian, I was really stumped as to what to eat. I knew I wasn't going to eat meat any more. What exactly did that leave me with?

The only vegetables I had ever eaten were corn, peas, cucumbers, celery, lettuce and potatoes. That was it.

When I was a child, my parents tried everything to get me to eat vegetables. But my stock answer was, "I don't like the way it looks; I don't like the way it smells; I'm not eating it."

After becoming a vegetarian I developed a plan.

Every time I went grocery shopping I would bring home a new vegetable and try it. I still haven't tried them all, but I've definitely expanded my shopping list by leaps and bounds.

Steam or Bake Your Vegetables

Get ready to donate your microwave oven to charity. The high heat is destroying the nutrients in your food.

Do yourself a favor and buy a steamer. Once you taste steamed vegetables, you will not want to return to the tasteless microwaved food you've been eating.

Steaming vegetables takes from five to 15 minutes, depending on the vegetable. When cooking a variety of vegetables at the same time, put the hardest (e.g., potatoes, carrots, etc.) in to cook first. After a few minutes, add the others.

Nearly all vegetables are healthy for you. Raw onions are an exception. When you peel an onion, what happens? The mustard oil from the onion makes you cry!

Imagine what this same substance is doing to the inside of your body. It is irritating your mucous membranes. If you are going to eat onions, they should be well cooked in order to neutralize the effect of the mustard oil.

Certain vegetables lend themselves well to baking: potatoes and spaghetti squash, for example. Baking is fine for hard vegetables such as these. Believe it or not, there is nothing I relish more than a baked potato and some steamed broccoli.

Do not fry in oil

Cooked oil is a major carcinogen. If you want to stir fry, use water or some other non-oil substance.

Eat Whole Grains

Refined and processed grains have less fiber and fewer vitamins, minerals, antioxidants, phytochemicals

and essential fatty acids than whole grains. They also have three to four times the caloric density of whole grains.

With the growing popularity of "health foods" food manufacturers have jumped on the bandwagon, offering such items as "wheat bread" and "natural grain bread."

Wheat bread does not mean whole wheat bread. It merely means there is some wheat in the bread. Check the labels. The only ingredients should be whole wheat flour, water, yeast and a little natural flavoring!

Don't be fooled by advertising. Buy your bread at the health food store. Or make your own.

The same goes for rice and other grains. Eat only whole grains. They will give you the minerals and vitamins you need to heal. Basmati rice, incidentally, is white. Stick to brown rice, either long or short grain.

Salad

This is one of the most beneficial things you can eat. Try to eat a large salad every day. Green, leafy vegetables are an important source of minerals, vitamins and roughage.

The kind of salad I am talking about here is made of raw vegetables -- not pasta, chicken or anything else.

You can make your salad two ways: (1) cut; or (2) blended.

The cut salad is the one most people are familiar with. The vegetables recommended by Dr. Christopher Garside as being essential ingredients in every salad are:

Romaine lettuce
Red bell pepper
Tomato
Celery
Cucumber (If it is waxed, you must peel it. Wax is not a food!)

You can add any other raw vegetables you like to your salad.

Remember, in order to get the benefit of eating this

way, you must chew.

Otherwise, the body cannot break down the foods and extract their nutrients.

Look in your health food store for a dressing that is fairly natural. Stay away from anything with vinegar, however. It inhibits digestion.

My favorite "dressing" is avocado, either plain or mixed with a little water and mild seasoning.

Blended Salad: A Super Food

If your digestion is sluggish or you are constipated, try blending the above ingredients. The resultant mixture will look like and have the texture of baby food. It has a sweet taste, is easily digestible and will greatly accelerate the healing process.

Ingredients

1 medium tomato
1 medium red bell pepper
½ cucumber (peeled)
1½ leaves romaine lettuce
1 ½ stalks celery

Directions

Do not add any water.

Cut up tomato, put in blender, close lid, and turn on "blend."

One by one, add cucumber, pepper, lettuce and celery, in that order.

You can use the celery as a "pusher" to push the other vegetables down, then throw it in.

This salad does not keep. It has to be eaten right away.

Please email any questions to dahlia.grossman@verizon.net

When I originally published this article three years ago, I received an anonymous phone message from a woman who said she would "no longer support The Yodeler" unless I discontinued this column.

First, I do not appreciate anyone who threatens me,

tries to intimidate me or attempts to coerce me into changing the content of this newspaper to suit their preferences.

Second, I consider the information in this column to be extremely important to the health and wellbeing of my readers and I will never discontinue it.

Third, I would appreciate it if anyone who has a negative comment would email me instead of calling me and would have the courage and decency to state their name.

If you would like to dispute the information in this column, you may also write a letter to the editor and sign it. We print most letters that are received.

Thank You, Subscribers

I want to thank the following people, who were very generous with their donations to *The Mountain Yodeler* during January:

Chloe Koslo, LH
Dale and Judy Kimmel, GV
Jacqueline and Larry Bolster and Alyson Hazard, EL
Kenneth and Lauri Nakashima, LH
Margaret Preston, GV
Doug and Debby Campanella, LH
Maurice Salyer, LH
Larry and Joan Tyler, LV
Alexis Upton-Knittle, LV

Although everyone in the Lakes and Valleys Communities receives *The Yodeler* free of charge, these people were generous enough to make donations to the newspaper to help it through these rough times.

If you would like to help, send your check for any amount to

Dahlia Grossman
Box 444
Lake Hughes, CA 93532

Thank you.

Soldiers Page

By Jan Carlson, staff writer
Christmas has passed and I did get 4 packages returned with Christmas stuff in them. It is weird that none of the November boxes came back.

I recycle what I can and ship them off to another soldier. An interesting thing, though. In all the boxes, all the Christmas candy canes were broken!

Valentine's Day is approaching very fast! Time to get a valentine in the mail to the soldiers! Take one name or all the names and send a valentine! Make the day of a soldier away from his family and loved ones.

Our list is a little shorter this month. If you have a loved one or know of someone who has a loved one overseas, please send us their address so we can add them to the list. They do not have to be "local" to be on the list. Our soldiers come from all over the United States.

We need cotton socks, jerky, lip balm, foot powder, candy, cookies, magazines (no girly type), paperback books, pop top food, hand sanitizer, wipes, tooth paste and toothbrushes, deodorant, small games, playing cards, Valentine and Easter decorations (small type), disposable cameras, stationary, gum, puzzles, candy, disposable razors, hand cream, cuticle cream, eye drops, mittens/gloves, scarves, small blankets, DVD's, flower seeds, vegetable seeds, T shirts with/without logo's on them, sun glasses, and anything else you can think of!

One soldier requested Mountain Dew. I don't know if I can ship that to him but will surely find out. He is going to be there another 6-7 months and is craving a Dew!

That's a little easier than the guy who wanted a Bow Flex machine.

Thank you, to all of you who have supported this effort for the past 7 years.

Yes, it has been 7 yrs!! We have had 6 yard sales, the first year the Woman's Club paid for part of the postage.

I have put the words to a song about the Vietnam wall on this page this month. It is a very touching song recorded by George Jones. You don't have to be a George Jones fan to listen to the song or be touched by the words of the song. The song is titled "50,000 names carved in the Wall". There are now more than 58,000 names on the wall.

Troops severely disabled were more than 80,000.

Think about this, and think about the pain their families endure to this day.

There is a saying going around on the internet, stating "If you can't stand behind our troops, feel free to stand in front of them".

Don't forget about the men and women serving our country overseas and at home.

To have names added to this page, contact Jan or Al @ 724-0141, email Jarlene112@msn.com or contact the editor of the Yodeler.

Soldier List February 2010

DC2 BAXTER, JONATHAN
ER DIV/ENG
USS MILIUS DDG 69
FPO AP 96672-1286

SN JANDREW
USS SHILOH CG 67
OD-DIV
FPO AP 96678-118

AOAN HAGERTY, JOSHUA
BOX 22
U.S. JOHN C. STENNIS
CVN 74
FPO AP 96615-2874

WALTER BAXTER
ALPHA CO., UASTB
FORT HUACHUCA, AZ 85613

SPC ROBERT R. YORK
5/2 SBCT 1-17 IN BN
C. CO., HQ PLATOON
(FOB TRONTENAC)
APO AE 09355

LCPL RYAN DASCENZO
3D AABN E CO.
2 PLT UNIT 40585
FPO AP 96610-0586

LCPL KALMAN, R.W.
¾ H + S BASE JUMP
UNIT 41605
FPO AP 96427-1605

SPC DONATH, OWEN
B TROOP 38LRS ABN
FOB SYKES
APO AE 09351

NATHANIEL DAVIS
257 TH MP COMPANY
FOB WARHORSE
APO AE 09336

PFC RICHARDSON, JAROD O.
HHC 2/6 TH INF MORTARS
AMP CARVERS
2 BCT 1 AD
APO AE 09308

50,000 NAMES ON THE WALL

Written by Jamie O'Hara (recorded by George Jones)

There are teddy bears and high school rings
And old photographs that mamas bring
That daddies with their young boys, playing ball.

There's combat boots that he used to wear,
When he was sent over there.
There's 50,000 names carved in the wall.

There's cigarettes, and there's cans of beer
And notes that say I miss you dear
And children who don't say a thing at all.
There's purple hearts and packs of gum
Fatherless daughters and fatherless sons
And there's 50,000 names carved in the wall.

They come from all across this land
In pickup trucks and mini vans
Searching for a boy from long ago
They scan the wall and find his name
The teardrops fall like pouring rain
And silently they leave a gift and go.

There's stars of David and rosary beads
And crucifixion figurines
And flowers of all colors large and small.
There's a Boy Scout badge and a merit pin
Little American flags waving in the wind
And there's 50,000 names carved in the wall.



TROOPS OPEN
PACKAGES FROM HOME



SOLDIERS INTERACT
WITH LOCALS



The High Desert Organic Gardener

By Robert Kerekes
Contributing writer

One of the earliest seeds to plant early this month directly into the ground is peas. In our zone they could be planted in late fall where they will sprout when conditions begin to warm, in mid to late winter.

The three types of peas are shelling, snap, and snow. Shelling are probably the most commonly grown in our society. The shell - or pod - of these peas is not eaten.

Snap peas are not as common. These peas are grown to maturity, not dry, and the entire pod, with peas, is eaten.

Snow peas are more commonly called edible pod peas. The pods of these peas are picked before the peas develop and are eaten whole. These are very commonly used in oriental foods.

As with beans, there are bush and pole varieties of peas.

Bush peas (and beans, for that matter) are really pole pea (bean) varieties that have been bred for shorter, more compact growth but still maintain the tendency to produce tendrils and show some small sign of wanting to climb.

Bush peas are the easiest to grow and generally mature the quickest. Pole peas take longer to mature and need something to grow on, but are by far the most productive and generally produce for a longer time.

Peas are legumes and thus absorb nitrogen from the air, which is fixed into usable nitrogen through a symbiotic relationship with rhizobial bacteria that live in nodules formed on the roots of the plants.

The bacteria is not in or on the seeds but in the soil and often there are very few them unless legumes have been grown with frequency. Without the bacteria legumes do poorly.

It is therefore best to use a legume inoculant when planting the seeds, and this

is probably true for almost all legumes. I don't know if any local nurseries carry it but I always buy it from a catalog.

Legumes are legion and take many forms; some are annuals, like most of the ones we eat. Others are perennials, like lupine, mesquite, acacia and our own desert bird of paradise, which wife Robin loves to grow.

Others, like vetch, which is edible, are used as cover crops to enrich the soil. Lupine is poisonous, so watch the goats, which will eat most anything. Keep them away from lupines.

In the mountains we have small, blue flowered lupines. Out on the desert floor I have come across a very small, ground hugging, yellow flowered lupine.

At the well attended January co-op meeting it became obvious that the members living in the local mountains, with their cooler summer climate and greater rainfall, are able to grow berries and some fruit bearing trees much more easily than those of us who live on the desert floor. This results in good trading between the two areas.

Many of the people who come to the meetings are beginners wanting to learn, so most people have nothing from their garden to bring. So now we can either trade or sell our produce, meat, eggs, and so on.

I traded eggs for tangerines, sold four dozen eggs and a 20-pound winter cushaw white squash. We are ready to expand for people who only want to purchase.

I am amazed at the popularity of the cushaw white winter squashes that I grew this past season. They were made into cakes, muffins, breads, soups, baked and more. There are going to be many more people growing this desert variety this coming season.

I am surprised at how many people think that sum-

mer squash grows in the summer and winter squash grows in the winter. Both grow in the summer!

Summer squashes are immature forms that are picked early. Most are not good to eat when mature. Let a zucchini reach maturity and it gets huge. Winter squash are best when mature and can be stored for extended periods of time.

Some winter squashes, like butternut, are basically used as a winter squash, and they are an excellent choice, but can also be eaten like a summer squash.

Then there are some that are mostly used as a summer squash but also are good as a winter squash. I grew such a variety some years ago. (I've forgotten its name, but I wrote about it.) It looked like a round zucchini and had a good taste. The mature fruit was okay, but was thin fleshed with a lot of empty space inside.

Three varieties of genetically modified Monsanto corn have been shown, once again, to cause organ failure in rats, with most of the damage being done to the livers and kidneys. This is called a state of hepatorenal toxicity. (See the report by the *Internal Journal of Biological Sciences* titled *What's in your corn chips?*)

The Garden Co-op meets monthly on the second Saturday at 3 pm at my place. February's meeting is on the 13. Call or e-mail me for directions.

There are three openings in the horse co-op. These would be for people who do not have horses. Shared costs and work reduce the load for everyone and the horses get more attention, which is good for them. The riding season is just around the corner.

Buy local, not global.
R & R Homestead, PO Box 2738, Lancaster, CA 93539
(661) 728-0095 rrhomestead@qnet.com
highdesert-organicgardener.com

Vitamin D plays a key role in cancer prevention

By Joel Fuhrman, M.D.

Vitamin D insufficiency has been implicated as a key contributor to many human diseases including several cancers, diabetes, cardiovascular disease, depression, and autoimmune diseases.

Vitamin D deficiency is recognized as being pandemic, affecting 30-50% of the population.

Scientists have found that vitamin D has biological actions in almost every cell and tissue in the human body. Vitamin D regulates several genes and cellular processes related to cancer progression. Some of the most groundbreaking findings in nutrition science in recent years have been evidence of the powerful protection provided by vitamin D against common cancers:

Breast cancer

About 75% of women with breast cancer are vitamin D deficient. A 2009 meta-analysis of 19 studies established a strong inverse relationship between circulating vitamin D levels and breast cancer. Women in the highest vitamin D range reduced their risk of breast cancer by 45%.

Colorectal cancer

A 2009 review of 25 studies found that sufficient vitamin D levels were consistently associated with reduced risk of colorectal cancer.

Even after diagnosis with

colorectal cancer, higher vitamin D levels are associated with reduced mortality.

Cancers of the prostate, pancreas, lung, and endometrium are also associated with vitamin D insufficiency.

The overwhelming evidence correlating vitamin D deficiencies with serious disease has convinced a growing body of physicians to use "therapeutic" vitamin D supplementation for treating patients.

For most people, the principal source of vitamin D is production by the skin in response to sunlight.

Very few foods naturally contain vitamin D, and achieving adequate vitamin D levels via sun exposure is difficult, considering that most of us work indoors and cover our body with clothing, especially in the winter months.

In addition, sun exposure to assure optimal Vitamin D status may damage and age the skin, increasing wrinkling and the risk of skin cancer.

To maintain adequate blood levels of vitamin D, it is extremely important for individuals with limited sun exposure to ingest supplemental vitamin D.

For more information about this and other health topics, go to:
www.DrFuhrman.com

Humor at the Doctor's Office

A gorgeous young redhead goes into the doctor's office and said that her body hurt wherever she touched it.

"Impossible!" says the doctor. "Show me."

The redhead took her finger, pushed on her left shoulder and screamed. Then she pushed her elbow and screamed even more. She pushed her knee and screamed; likewise she pushed her ankle and screamed. Everywhere she touched made her scream.

The doctor said, "You're not really a redhead, are you?"

"Well, no" she said, "I'm actually a blonde."

"I thought so," the doctor said. "Your finger is broken."

Real Estate Market: Boom or Bust? Homes Selling Like Hotcakes in A.V.

By Linda Marcella Berg
Contributing writer

All those bank-owned REO's (Real Estate Owned) and short sale homes with those rock-bottom price tags are enough to drive any investor or would-be homeowner crazy with hysteria, especially after submitting a multitude of offers on different homes only to be "beat out" by a higher bid, a more solid offer, or somebody's special friend (joke.....I think).

The highest number of offers I've heard of being placed with no accepted offer is in the low thirties, although some claim to be more in the fifty range. That's enough to send a poor would-be homeowner into "real estate rejection therapy" and the disheveled worn-out realtors to the nearest occupational retraining institute.

I've personally shown around 26 homes for one particular buyer before finally getting an accepted offer, so that was a sweet victory when it did happen.

It's been a tough road the last couple of years in the entire real estate field and everyone involved has been affected by the downturn of the market. However, disadvantage for some spells opportunity for others.

ALL-CASH INVESTORS ARE WINNING MAJORITY OF BIDS

After conducting my own study of approximately 50 low-end homes sold in the 100K range or lower between November and December of 2009 around the areas of Palmdale and Lancaster, it was quite evident who was winning most of the bids on these homes. Out of approximately 50 homes, 30 were bought by all-cash investors, five were conventional loan purchasers, and 15 were FHA loan homeowner-occupied.

Most of the cash investors paid full price or slightly higher, surprisingly enough, and probably due to

bidding wars.

The all-cash investors, of course, are winning the majority of the bids, and for good reason. The all-cash proposition to a bank spells very little risk in the transaction. There is no appraisal contingency, loan contingency, and usually very little complaining in the form of repair requests from an all-cash buyer, not to mention no closing cost assistance.

All-cash investors know they are buying the home as-is and they are expecting a great value in their bid in return for spending their own money to fix up the home and get it "rentable."

Some speculate we may run out of renters for all the investors buying up these rental investments, but this is doubtful since many are losing their homes at the same time, and are actively seeking to rent as a result of that (after staying in their prior homes rent-free for as long as possible, that is).

TIPS ON GETTING YOUR OFFER ACCEPTED

How can you get your offer accepted with all the competitive bidding going on out there? Here are some helpful tips which may assist you, and each one of these tips has resulted in winning the bid for my buyers more than once:

Good communication with the listing agent. Believe it or not, good communication with the agent representing the seller along with an assurance of confidence regarding your buyer can win you an accepted offer.

In this "small town" known as the Antelope Valley, everyone knows someone you know, and the more agents you get to know on a first-name basis, the better your chances will be when it comes time to present an offer to them because they will have confidence in you and your buyer to get the transaction closed.

Put your best foot for-

ward. In this time of multiple offers, it's best to give your highest and best offer right off the bat because the bank COULD just choose one offer out of the bunch and not even get around to asking for highest and best offer.

Ask the listing agent about the other offers you are going up against. It doesn't hurt to ask at least how many other offers there are, and some agents will give you more details than others. This can help you motivate your buyers to stepping up to the plate if they really want that home.

Get approved by a well known, local lender. If you're getting a loan to buy the home, try to use someone local and make sure they are a direct lender (they have their own money to loan) with their own in-house underwriters, such as GEM Mortgage and Guild Mortgage.

Remember it's a small town and using a familiar lender could make the difference in getting your offer accepted or not.

There's no home that is indispensable. Instill in yourself the fact that your life will not end if you don't win the bid on a particular house. Remember that there are lots more coming down the pike and the one that's meant to be yours will happen for you eventually.

It's going to be an exciting 2010 as we get underway with plenty of activity going on in the real estate world! I'm personally excited about this year more than the past two as I think we're "over the hump" on the downturn.

In closing, here are some "Fast Facts" published by the National Association of Realtors:

Fast Facts

Calif. median home price:
November 09: \$304,520
(Source: C.A.R.)

See Real Estate

Page 29

HELUS Holiday Music Program

Photos: Dahlia Grossman



Real Estate

(from page 28)

Fast Facts (cont.)

Calif. highest median home price by C.A.R. region November 09: Santa Barbara So. Coast \$750,000 (Source: C.A.R.)

Calif. lowest median home price by C.A.R. region November 09: High Desert \$124,710 (Source: C.A.R.)

Calif. First-time Buyer Affordability Index - Third Quarter 2009: 64 percent (Source: C.A.R.)

Mortgage rates - week ending 1/7/10 30-yr. fixed: 5.09 Fees/points: 0.7% 15-yr. fixed: 4.50% Fees/points: 0.7% 1-yr. adjustable: 4.31% Fees/points: 0.6% (Source: Freddie Mac)

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Rain, Snow and Wind Pound Lakes and Valleys

Schools closed early on January 19, 20, 21 and 22 because of heavy rain and snow, which created hazardous driving conditions.

A Green Valley resident reported a leaking roof and Elizabeth Lake residents worked hard to prevent erosion of Joey Road, a private dirt road which has sustained serious damage in previous storms.

The weather alternated between rain and snow, and there was no lack of strong winds.

The Yodeler editor had to abandon her office because of the high winds and freezing temperatures, which made it difficult to keep the room heated. "My office is in a sunroom," said the editor, "which is like being outside." The editor finished this issue on the kitchen table.



Elisabeth Chaffelter captured this view of Lake Hughes after the latest storm.



HELUS sixth graders wear the t-shirts given to them by Time Warner Cable at a November 18 assembly during which the cable company donated \$3,500 to help fund science camp. Grossman photo. See article and more photos, page 30.

Times Warner Cable Grants Students Access to Science Camp

Hughes-Elizabeth Lakes Union School District received a \$3,500 grant from Time Warner Cable to help fund the district's annual science camp. Time Warner Cable presented the \$3,500 check to the Elizabeth Lake Union Elementary School District's Parent Teachers Association at a ceremony on November 18.

Thanks in large part to the \$3,500 grant from Time Warner Cable, Hughes Elizabeth Lake Union Elementary School District sixth graders will be able to attend the science camp.

With recent cuts to the California state budget, a major funding source for the science camp was eliminated, and district administrators feared this annual science camp field trip would be cancelled. Now with the grant money, a huge funding gap to support this field trip can be closed.

"The district is elated that its annual science camp will continue. I think it is terrific that we have companies like Time Warner Cable who are willing to fill in the financial gaps left by the state's severe budget cuts to education," said Hughes Elizabeth Lake Union Elementary School District Interim Superintendent Julie Maple.

"We were really concerned our sixth graders were going to be extremely disappointed. You have to realize they anticipate going to sixth grade science camp starting in the very early grades. We are so grateful to have avoided this scenario," said Parent-Teacher Association Treasurer Liberty Longmore.

"Unfortunately in these challenging times, tough budgeting decisions so often negatively impact meaningful programs like this science camp," said Time Warner Cable Regional Vice

President Patricia Fregoso-Cox. "For several years, this camp has inspired and developed long term interests in our youth to pursue the science, technology, math and engineering fields.

"Developing those passions with this age group is essential for all of our futures and Time Warner Cable is honored to have been given the opportunity to support the camp program."

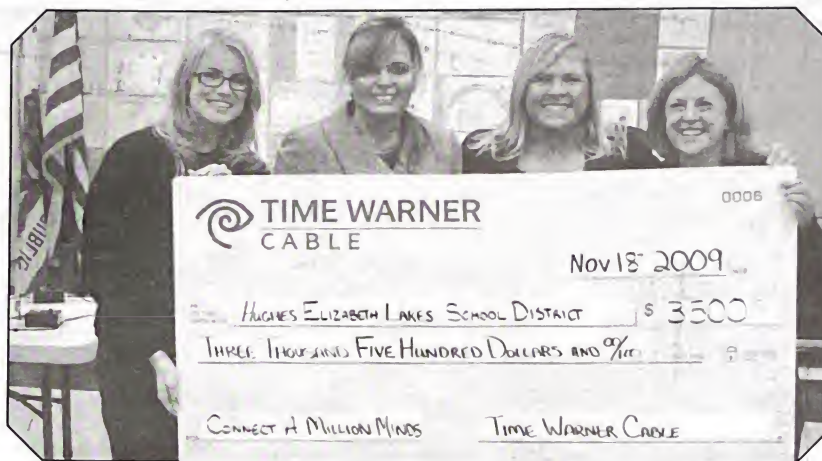
The camp, a tradition for students in the district of less than 350 students is a week-long program held at a Los Angeles County Office of Education campground located in Malibu. At the camp, 45 sixth grade students will learn about eco-systems, environmental technologies and global positioning systems (GPS) mapping.

About Time Warner Cable

Time Warner Cable is the second-largest cable operator in the U.S., with technologically advanced, well-clustered systems located in New York, the Carolinas, Ohio, southern California and Texas.

Time Warner Cable serves more than 14 million customers who subscribe to one or more of its video, high-speed data and voice services. Time Warner Cable Business Class offers a suite of phone, Internet, Ethernet and cable television services to businesses of all sizes. More information about the services of Time Warner Cable is available at www.timewarnercable.com, www.twcbc.com and www.twcmediasales.com.

Grossman photos.



(left to right): Katie Beardsley, Patricia Fregoso and Wendy Williams of Time Warner Cable present a giant replica check to interim HELUS principal/superintendent Julie Maples.



Sixth graders put on a science skit for the student body and guests. Grossman photos.



Wendy Williams presents a proclamation from State Assemblywoman Audra Strickland to HELUS interim principal Julie Maples in recognition of the partnership between Time Warner Cable and HELUS.



Norm Hickling, deputy to Supervisor Antonovich, presents Patricia Fregoso of Times Warner with a commendation in recognition of its partnership with helus.

HELUS HOLIDAY MUSICAL PROGRAM

Photos: Dahlia Grossman





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**We'll Make It Easy as 1... 2... 3...
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- 1. CHOOSE A VEHICLE...**
- 2. WE WILL SHOW YOU
THE INVOICE...**
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Excludes diesels, Camaros, Equinox, Terrain, Lacrosse and SRX.

All advertised prices exclude government fees and taxes, any finance charges, any dealer document preparation charge and any emission testing charge. Photos for illustration purposes only. Offer ends 11/29/03.